

WHAT LEADS TO SUICIDE?

There's no single cause of suicide. Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase the risk of suicide. Yet it's important to note that most people who actively manage their mental health conditions go on to engage in life.

SUICIDE RISK FACTORS

Risk factors are characteristics or conditions that increase the chance that a person may try to take their life.

RISK FACTORS- ENVIRONMENTAL

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, such as
 1. Rejection,
 2. Divorce
 3. Financial crisis,
 4. Other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

RISK FACTORS- HEALTH

- Mental health conditions
- Depression
- Substance use problems
- Bipolar disorder
- Schizophrenia
- Personality disorders of aggression, mood changes and impulsivity
- Anxiety disorders
- Serious mental health conditions including pain
- Traumatic physical health conditions including pain
- Traumatic brain injury

SUICIDE WARNING SIGNS

Something to look out for when concerned that a person may be suicidal is a change in behaviour or the presence of entirely new behaviours. This is of most concern if the new or changed behaviour is related to a painful event, loss or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.

RISK FACTORS- HISTORICAL

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma

WARNING SIGN: TALK

If a person talks about: :

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

WARNING SIGN: BEHAVIOR

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

WARNING SIGN: MOOD

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

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For More Information

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RISK FACTORS AND WARNING SIGNS OF SUICIDE

While there is no single cause of suicide, there are risk factors and warning signs which may increase likelihood of an attempt. Learning them can save lives.